

Date: 11/15/2014

Talk

Weekend Decisions – If trying to manage weight can't take the entire weekend off. Develop independence. Get workouts in on own and be sensible with diet.

Warm up

Standard (jog, tumble, stretch)

Quick Drills

Pressure Snap Drill (closing gap, getting head position and tie with pressure and then snapping to FHL)

Quick Score, Re-Shot and Double Shot Drill

Sparring

Technique

Slip the arm stand up

Tripod – Kneeslide Standup

Float out of lap when opponent pulls you into Crab Ride off Stand Up

Live

Matches

End with best of's (4 of 7, 3 of 5, 2 of 3 & Sudden Victory takedowns)

Conditioning

Long stance – n- motion. Focus on low stance, explosive sprawls and shots.

Notes:

I often write notes on what I want to cover next week or next practice depending on what I am seeing in practice.